



The
Community of Hope International
CONNECTIONS
Fall 2016

A word not from, but about our founder and president!

Normally, in this part of our quarterly newsletter, you would see an inspiring message from Helen Appelberg. In this edition, I plan to give you an inspiring message about Helen Appelberg:

The story begins on a Tuesday morning in early September. Helen and her niece Lynn, visiting from Tyler, were driving in a residential area of Galveston, Texas (where Helen lives and works.) Suddenly a car making an illegal U turn slammed into the right front tire of Helen's car causing it to roll over twice. The car came to a grinding stop upside down against a curb. (The unbelievably loud crunching and scraping of metal on concrete is a sound Helen continued to hear repeatedly for several weeks.) Helen and Lynn each were somehow able to unbuckle themselves and get out of the car through the driver's side of the car.

Then the blessings continued. (Of course the first blessing was that they both survived this horrific occurrence!) Immediately people came out of their houses bringing water and lawn chairs so the ladies could sit. The paramedics came and took them to the John Sealy Hospital (where Helen works). Lynn was released that day and Helen spent the night in the hospital getting x-rays and CAT scans. Lynn took her home from the hospital the next day.

From that time until now Helen has been "wrapped in grace – with God's help and arms of angels." Family angels and friend angels saw to it that Helen had meals, transportation and lots of love. Community of Hope Friends from Galveston, Houston and Beaumont came to cook meals for her and provide soup and meals on a regular basis. Her niece Lynn stayed with her for many days and then Helen's daughter Katrina came from Colorado Springs to stay and help. (Katrina, a teacher and librarian, found substitutes to take her place so that she could be with her mother.) Later her grandson Chase (who just graduated from Fort Lewis College in Durango, Colorado), came to help Helen and drive her to work and the many other places she needs to be.

During Helen's recovery time her beloved sister Charlene died in a nursing home in Northeast Texas. For many years Charlene had come to the Abundant Living Conference at Camp Allen, (one of Helen's favorite projects that she plans and directs every year in March) to teach line dancing to the attendees. Charlene had asked Helen to speak at her memorial service. Helen was able to fly to Tyler where Lynn picked her up and drove her to the service.

Yes, Helen is back at work as Director for the Center of Spirituality of Aging (at University of Texas Medical Branch at Galveston.) She says she is back to normal in many ways. When I talked with her yesterday, she was baking iron skillet cornbread for her 93 year old friend who had just had surgery. She was also planning to go on a sightseeing trip to High Island with her grandson. Her doctor, who happens to be the man that hired her 14 years ago, is helping her with this gentle recovery from the trauma. She did suffer a concussion, some hearing problems, and a nasty hematoma on her wrist. Helen hopes to be back to independent status in the near future.

Helen feels so blessed to be cared for by so many kind and loving friends and strangers. In turn, we who are involved with Community of Hope are blessed to know Helen, delighted that she is well, and are so grateful to her for laying the groundwork for and maintaining this Community that we call Hope.

Pam Heidt

WITH GREAT JOY WE WELCOME THESE NEW CENTERS!

CHRIST CHURCH EPISCOPAL, Glen Haven Virginia. July 1, 2016



GRACE EPISCOPAL CHURCH, Alexandria, Virginia. July 25, 2016

CHRIST EPISCOPAL CHURCH, Cedar Park, Texas August 14, 2016



ST. THEODORE'S EPISCOPAL CHURCH, Bella Vista, Arkansas August 15, 2016

ST. JAMES EPISCOPAL CHURCH, Fairhope, Alabama October 25, 2016

Submitted by Cynthia Oliphant, New Startup Coordinator

Did you know that the fastest growing segment of the United States population today consists of people 85 years of age and older?

It is because of this fact that Helen Appelberg has devoted the last 14+ years of her professional and volunteer skills toward helping with that age group. Helen, now 86 years young, points out that "One must be very careful at my age. Those of us who are over 85 must not pretend that we can do what we did 10 years ago. There is no instruction manual for being over 85."

The physiology of seniors is unlike that of younger adults. Therefore they have different needs when it comes to medical care, medicines, psychological, and spiritual needs. Just as there are pediatricians and pediatric hospitals for children, there are geriatricians and geriatric wings in hospitals.

As Director for the Center of Spirituality of Aging at University of Texas Medical Branch, Helen is in an ideal position to help with that "instruction manual for being over 85." Because of her connection with this branch of a large teaching hospital she applies for grants that enable her to create programs for seniors. Helen works every year to coordinate and lead the popular three day "Abundant Living" conference at Camp Allen for seniors, their children and caregivers where speakers lead a variety of activities, workshops and forums about ways to live abundantly as we age. One afternoon is the "Bucket List" of events including fly fishing, walking the labyrinth, and enjoying the nature trail. Br. Michael and Fr. Peter attend every Abundant Living Conference. Br. Michael leads music and teaches how to chant the Psalms. Fr. Peter leads night prayers and serves on panels about various subjects such as aging.

The Center for Spirituality of Aging recently held a series of "Learning Lunches" for elders about fall prevention. Last year they sponsored Learning Dinners for persons with dementia and their families. These events provided opportunities for being in community with others going through the same challenges and therefore the lunches were healing experiences for many.

This year, UTMB is one of 6 hospitals in the nation involved with STRIDE, a fall prevention study. Many seniors are unaware of the devastation of a fall. Helen had planned and was advertising a community-wide, six weekly "lunch and learn" fall prevention series. Fortunately her assistant, "Bets" Anderson, a retired professor of Nursing and a COHI lay chaplin led the programs successfully while Helen was recuperating from the accident. Helen, slated to speak at the sixth luncheon, was able to give that talk. Her topic was "Every Time I Feel the Spirit." She enjoyed speaking to the crowd of 80+ men and women.

As President of the Community of Hope Board, she encouraged and participated in creating Module 11, Pastoral Care for Seniors, and encouraged formation of COH centers in independent and assisted living facilities in which the residents are trained in pastoral care.

Helen quotes Teilhard de Chardin saying, "We are spiritual beings having a human experience." She believes that as spiritual beings we are called to balance our spiritual lives and daily practices with meditation, prayer, compassionate listening, music, and joyful living.

Pam Heidt



News from the Regions



ATLANTIC REGION

CAROLYN COCKROFT AND JENNIFER SASSIN



Pohick Episcopal COHI, Lorton, Virginia said good-bye to long-term lay chaplain, Carol Heddleston, who moved to Georgetown, Texas with her husband in September. Pictured below at our last Circle of Care meeting together are (from left to right, seated) Vera Jones, Pat DeYoung, Carol Heddleston, Nancy Bireley, Carolyn Cockcroft, and June MacDonald (kneeling). From left to right standing are Bill Bland, Leslie Schwoppe, Nancy White, Janet Ayorinde, Bruce Baird, Beth Baird, Jennifer Sassin, Marleen McCabe, Jackie Wells, Chuck MacDonald, and Tom Bland. Taking the picture was Mari Harding. Carol's new COHI home in Texas is very lucky to have her!

Jennifer Sassin

GEORGIA REGION

HARMONY KISER



Br. Michael was just with us in Atlanta this weekend. He led us in worship and retreat and then was our guest speaker at the faith formation hour on Sunday morning. He was present for our wonderful recommissioning and participated in the service. We thank our God for Brother Michael!

Laura Masterson



Editor's note -

Do you see how much fun the people in this Georgia Region are having? That seems to be what happens when Br. Michael comes to visit.



more Region News...

UTAH REGION

REV. DIANA JOHNSON

Who are we . . .

Begun in 2004, The Utah Center is now conducting its 6th training class. We come from five different faith traditions, and are a community of 13 active members, 12 members of our current training class, and four alumni members we look forward to seeing at our Christmas and Summer Socials. Hosted at the Cathedral Church of St. Mark in Salt Lake City, we travel to our training sessions and Circle of Care meetings from all over Northern Utah, some from as far as 100 miles away.

We strive for the Benedictine qualities of humility and stability. We find this to be true as we welcome each new training class, doubling our size this year, enriching our makeup, and becoming the best pastoral caregivers we can be.

We were founded by a small group of people in a large state with a small, geographically dispersed population. Despite the ups and downs of life in a somewhat removed place, we continue to grow in a community of love for each other, mutual respect, and love of God.

Joy Prestridge



Ann Deyo and Joy Prestridge
at the 2016 COHI
Conference

Among our ministries: Alcoholics Anonymous, Parish Lay Eucharistic Ministers, Huntsman Cancer Hospital, Hospice Volunteers, YWCA, Primary Children's Hospital, Interfaith Roundtable, Parish Prayer Ministries, and Music Ministry.

HERITAGE REGION

BEVERLY DAVIS AND PAT BEACHY

Martha Stoerner has found her niche as a pastoral caregiver.

Shortly after being commissioned as a COHI lay pastoral caregiver at Christ the King Lutheran Church in Houston, she began to do her ministry at the Garden Oaks Adult Activity Center in Houston.

The Center was founded in 1994 and has been providing services for the elderly and disabled as an adult daycare. They provide socialization thru activities, nursing care, transportation to and from the center and doctor visits.

Martha leads a full devotion each Tuesday at 10am. She begins with a morning prayer, Bible readings which include psalms and the Lord's Prayer, healing prayers, and birthday prayers. After that a mixed choir consisting of all ages sings hymns along with all the care receivers. Martha says, "They are a great loving family, loving what we do.,they are great participants who love their God. This group just makes my week.

I receive many thank you's and hugs and wanting to know, 'Are you coming back next week?'"

Martha Stoerner



Martha and friends
at the Garden Oaks
Adult Activity
Center.

HERITAGE REGION

BEVERLY DAVIS AND PAT BEACHY



Twenty-three people (from Brenham, the Houston area, Woodville, and Beaumont) enjoyed perfect weather and delightful fellowship at the Heritage Region Retreat at Holy Cross Monastery on October 21-22. As always, Brother Michael and Father Peter extended the hand and heart of hospitality to make our Community of Hope Retreat so meaningful.

Beverly Davis



Christ Church Nacogdoches celebrated our 17th year of Community of Hope with a Back to Benedict Bash. Fun, fellowship, prayer and singing!

Wanda Cuniff



SOUTHERN REGION

JENNY SMITH AND PAT SHAHA



Community of Hope of Arkansas Retreat NOVEMBER 18-19, 2016

Guest Speaker **Susan McDougal**, presenting
“**Journey to Self-Deepening our Call to Chaplaincy**”



For more information and to register, contact Pat Shaha at patriciashaha@gmail.com

WEST TEXAS REGION

LIN BOUDREAU



In mid October COHI Center leaders from the West Texas Region met with their Regional representative, Lin Boudreaux at Christ Episcopal Church in San Antonio. They discussed Circle of Care: its opportunities, successes and challenges at their respective centers. Lin plans to share the written results of these discussions with all West Texas Region COHI centers.

Clockwise, starting from top left: Carol Miller, Connie Maverick, Beverly Matthewson, Betty Morris, Tricia Jones, Cindi Serna, Lin Boudreaux, Karen Medley, Connie Myers, Pinky Gonzalez, Ann Martel, Sharon East, Leslie Padgett and Rev. Eric Fenton. (*present but not pictured - Marilynne Herbster and Pam Heidi*)

St. Francis Episcopal Church in Victoria is holding its first COH training. Last year, 3 people from St. Francis took COH training at St. Peter's Episcopal Church in Rockport. Now Martha Bernhardt, Melanie Klotzman and Andrea Wise are the facilitators for the class at their home church.



COH training class and facilitators at St. Francis: Sitting left to right: Martha Bernhardt, Marty Worsley, Melanie Klotzman, Andrea Wise. Standing left to right: Jane Keen, Sandra Pyle, Twyla Kellogg, Carol Kopec, Kelvin Allen, Rev. Stephen Carson, and Ted Wise.

A Message from Carla Cooper, Development Advisor COHI Board of Directors

As you may well have heard by now, we are delighted that the generous benefactor who challenged us last year to such wonderful success, has done it again! So pleased with your 2015 response, our benefactor promises to match every individual gift given between now and the end of this year up to \$10,000. Our overall fundraising goal for our 2016 campaign remains \$30,000, a relatively modest sum given COHI's impact.

Your Board, including all regional representatives, have identified a small number of priorities and opportunities, which, if met, will best ensure that we capably answer the call of those in need, calls increasing in kind and degree and number. For 2017, there are five priorities:

- Adding a paid part-time Executive Director. A milestone moment for COHI, we are finally able to support a half-time ED, allowing our beloved founder freedom from day-to-day detail and more time to lead us spiritually. Please see the position description on our website and know that the ED will be in place by the end of this year.
- Moving our annual conference to Trinity University in San Antonio, Texas. In order to shine a brighter light on our signature annual event, we have negotiated a very favorable contract with Trinity University. We are also moving the conference from a mid-week schedule to a weekend schedule, to at least double the number of attendees from 2016's 110 to 220.
- Retaining a new host for our streaming video service. Because our current host is undergoing organizational change and reduction of services, we must identify and retain a new partner to facilitate this critical component of our training.
- Completing the full set of video modules in Spanish. We currently have four streaming video modules available in Spanish and want to complete the remaining eight modules by the end of the second quarter of 2017.
- Maintaining enhanced financial and program support for our regional representatives, including increased annual conference scholarship opportunities in each region. Last year we were able to bolster monies available in each region to maximize support where it makes the most difference. We believe continuation of this de-centralized investment is essential.

We deeply appreciate your participation in our 2016 Challenge as, together, we keep COHI strong, focused, and faithful.



Joan Chittister on Humility:

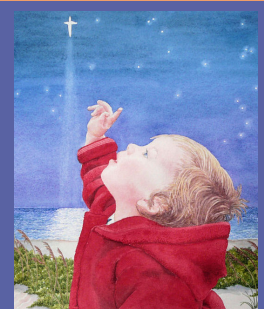
In the end, the twelve steps are simple ones.

1. Recognize that God is God.
2. Know that God's will is best for me.
3. Be willing to receive direction.
4. Endure and don't grow weary.
5. Acknowledge faults.
6. Be content with less than the best.
7. Let go and be at peace.
8. Learn from the community.
9. Listen.
10. Never ridicule.
11. Speak kindly.
12. Be simple and serene.



*Wishing you
a blessed
Thanksgiving
filled with family
and friends.*

*May your
Christmas Season
be
filled with
wonder and joy.*



**Deadline for your next
COHI Quarterly Newsletter
is January 25, 2017**

Stay current with COHI news on our website! www.cohinternational.org